C-CURVE
Hold for 60-90 seconds

ONE-LEGGED MOUNTAIN CLIMBER

10-15 reps on each leg

HIP TIPS
15-20 reps

EXERCISES FOR LOWER ABS

ARMY CRAWL

3-5 forward/back reps

EXERCISES FOR LOWER ABS
SIX PACK SCISSOR
12-15 reps on each side

24-30 reps, alternating sides

BEAR

10-15 reps